1: Glacken E-5 (1951-1952) 1953 AC7 Okinawa AC7

Nevertheless, to superficial observation at least, villagers seem to enjoy good health. Most of them are energetic. Obesity is very unusual. The average man or woman of any age has little spare flesh. The most frequent complaints are of dysentery, constipation, colds, boils and swellings, and intestinal parasites. There are signs of malnutrition in the distended bellies of some small children, probably due to the unrelieved and starchy diet of the sweet potato,[6] with extremely few animal fats and proteins.

The sores and scabs on the heads, faces, arms, and legs of infants and young children are still the curse of childhood, conditions made worse by the flies which swarm around them. (In summer, I have seen as many as 20 flies on the face of a sleeping child without a trace of any muscular reaction). There are few Okinawans today who do not bear the scars of these sores of infancy, especially on the scalp. (Young men are sensitive about this and it is one reason also for keeping the hair long). Younger parents now are beginning to use various disinfecting powders and talcs to prevent these sores (which look like impetigo) and seem to have abandoned the attitude of a previous generation that these were childhood experiences to be endured. Much could be done to eliminate these diseases of childhood by a campaign in which local groups like the Women's Association and the public health authorities joined.

In the summer months, Jap B encephalitis (known as nUen) is very much dreaded. Some villagers had only a vague idea that it was a brain fever and a few knew that the mosquito was the vector.

According to residents of each of the villages, no cases of leprosy had been discovered in recent years. This disease is also dreaded and I doubt that an attempt would be made to conceal a case.

Young people have uncommonly beautiful, evenly spaced, white teeth. This seems to have been an Okinawan characteristic for a long time, as Basil Hall commented upon it 135 years ago. Around the late teens or early twenties, the teeth decay, and there are many extractions and replacements with gold or steel false teeth. Some extractions are intentional, especially among young girls who believe that a gold tooth sets them apart and adds to beauty. But I am convinced that this is of minor importance as an explanation. Okinawans

6 I am not acquainted with any analyses of the composition of the Okinawan sweet potato. In laboratory tests of an improved high-starch American variety, the composition when ground for starch was: moisture, 64.5%; starch, 25.5%; sugars, 2.8%; crude protein, 1.5%; pectic substances, 2.2%; crude fat, 0.6%; mineral matter, 0.9%; other, 2%. Sweet potato carotene can be readily converted to Vitamin A. See Dawson, F. R., Greathouse, L. H., and Gordon, W. O. Sweet potatoes: more than starch. In: Crops in peace and war. (U. S. Dept. of Agric., The yearbook of agriculture 1950-51) Washington, 195-203. Ref. on 195, 201.